



CENTERED — ONE —

HOW TO CLEAR YOUR ENERGY: A Guide to the #1 Life Essential for Empaths + Sensitives

What does it mean to clear your energy?

Well, we're made up of energy...

As is everything on the planet and the cosmos (including our thoughts and beliefs). This alone is a huge topic, which I will write more about on my [blog](#). But this truth is the foundation of Reiki and other energy healing modalities, and my work. You can further research quantum physics to learn more about it in the meantime (and for any skeptics out there, Albert Einstein and many other esteemed scientists have talked a lot about this too).

Anyhoo, because we are made up of and surrounded by energy, it's important to keep our energy field clean and clear and sovereign, aka our own.

Your aura extends about 3 feet out on every side of you, and it's vulnerable to infiltration (sorry to break the news there if you're not aware). A whole host of complications and disruptions can result if we don't clear. In other words, you may be feeling and reacting to energies and emotions that aren't yours. And trust me, you may not realize that THIS is really the cause of what is going on with you (whether it be a health issue, an emotional issue, or a spiritual issue).





Energy clearing and maintenance has been one of my biggest realizations and lessons during my healing and awakening journey. I've found it essential (at times frustratingly so) for my mental, emotional, and spiritual health and wellbeing. When you're a sensitive empath like me (and you probably are if you're reading this), this is CRITICAL. And it's helpful for everyone regardless of sensitivity level. It can also be especially important if you're going through a spiritual awakening or healing journey, because lots of old emotions, energies, traumas, patterns, etc. are often coming up and OUT of you into the light of awareness. Ultimately they will release and be let go with the lessons and healing remaining, but during the process they need an outlet.

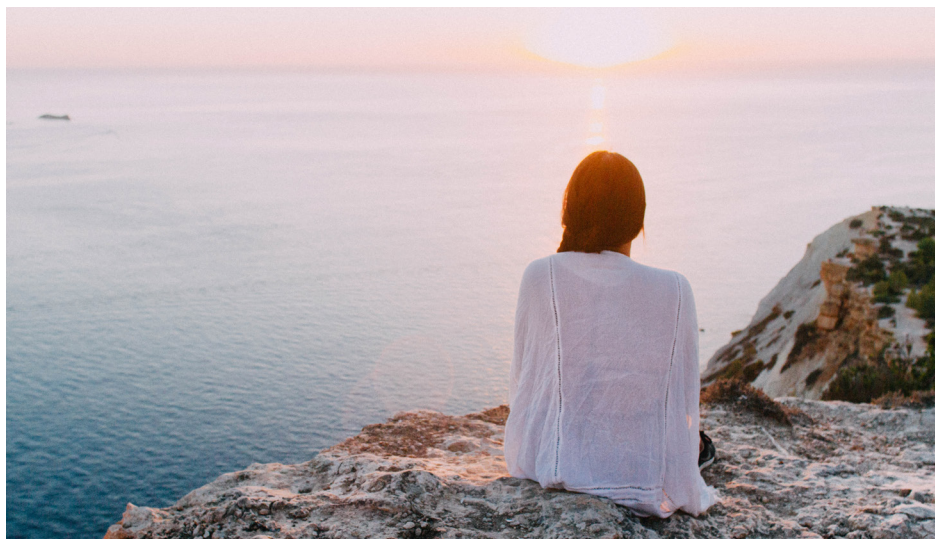
Energetic Clearing

Taking on and feeling others' "stuff" can happen in a number of ways. It can be unconscious, as in you may unwittingly take on these energies while out and about in the world -- especially in large crowds or while interacting with people who have narcissistic tendencies or strong personalities. It can also happen through soul agreements and intentions. Soul agreements or contracts are unconscious in that they are determined before we come into this physical body. But they guide our life and experience, often in profound ways. An example from my own life is the way I agreed to take on and hold my mother's pain and anxiety for her, starting in the womb. That agreement ended relatively recently actually, which is another story (that I will share).

Intentions are similar in that they are also energetic, but they are powerful decisions and choice points that are usually made consciously. For example, you might have decided at age 8 that you want to make others happy above all else because of the dynamics going on in your family, but later this causes problems for you around boundaries.

There are a lot of ways to clear your energy, and what works best for you may be different from what works best for someone else (as is the case with lifestyle and nutrition). Here are some suggestions and tools that can work for everyone:

- ⊙ **Do a clearing meditation.** There are a lot of different types of these. Be sure to ground yourself first into the earth. I often lead my clients through meditations that I customize to their unique needs. I will also be sharing my channeled clearing meditation for our empath collective soon, so that'll be a great way to start.
- ⊙ **Ask your higher self, guides, or the Universe/Spirit to clear you.** Any higher power or spiritual or religious ally works.
- ⊙ **Use crystals.** Crystals are a massive topic with a wealth of information (I'll write a post about them), but suffice to say here that they are magical, mystical, from the earth, and each type has unique healing properties. Particular crystals that are effective for empaths and clearing include: clear quartz, amethyst, black tourmaline, and selenite.
- ⊙ **Go out in nature.** Being with the trees, sun, grass, ocean, lake, river, dirt, and animals is one of the most healing places you can be, including for clearing yourself. I often say nature is my religion.
- ⊙ **Stop giving your power away.** This is also a huge, multifaceted topic, but for now take in the idea that when you put others' needs or opinions above your own, or take on their projections, there's even more of a need to clear.
- ⊙ **Get a Reiki or other energy healing treatment.** I offer energy healing sessions that help get to the root of an issue (whether physical, emotional, or spiritual) and clear it.



NOTES:

Once you've cleared, the next step is energetic protection so that you don't need to keep clearing so much and so often! One way to do this is to visualize yourself surrounded by a bubble of white or pink light that insulates you from external forces and energies.

I incorporate energy clearing into everything I do really, both with clients and personally.



NOTES:

Physical Clearing

We just talked about what energetic clearing is and some ways you can do it. Now we'll go into a bit about physical clearing, an equally important topic.

This typically means clearing clutter from your life and home, as well as your physical body, health, and nutritional choices. Essentially what energy clearing is, is doing this on a quantum level. And it's all related, because when you release old physical items or clean or reorganize a space, you are simultaneously clearing out old energy with it. This explains why many people feel not just satisfied but liberated and free when they clean out an old drawer or room or closet, or donate a bunch of clothes.

Very few things satisfy me as much! I frequently get the urge to cleanse and downsize and I've been known to take this a little overboard at times, veering toward the OCD realm.





All of these different aspects of clearing (and more) are part of what [I help my clients navigate](#), in energy healing sessions, home, office, and grocery store visit consultations, and my programs.



I hope you've enjoyed and gained something from this introductory energy clearing guide!

Thanks so much for signing up, there's a lot more where that came from so stay tuned. And if you're interested in scheduling a free discovery call or session, please contact me below. We can determine what would work best for you and your specific situation, and then begin!

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